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Welcome!

Here at OUCH (UK) you will find all the **support**, information, advice, understanding and encouragement that you will ever need to cope with the devastating condition of **Cluster Headaches**. You can now join OUCH (UK) securely online - **Join Online Today**

STOP PRESS! Scotland Regional Meeting, Glasgow, Sept 11th 2011

For details & booking click here >>

Les Charlton

It is with the greatest sadness that the Trustees have to tell you that Les Charlton, our loved and esteemed chairman passed away on Friday 29th April. Typical of the man's generosity of spirit, he did not wish the news of his illness to be common knowledge; he has been suffering for the last eighteen months and found that people's sympathy was harder to deal with than the illness itself; he didn't want people to feel uncomfortable about it when talking to him and preferred to keep the news to his immediate family and friends

He fought a very hard battle and dealt with the frustrations of a terminal illness with his usual dignity and dry sense of humour. He endured very uncomfortable periods of treatment with the comment - 'feeling a bit rough today', when he had been through hell.

Les did not suffer fools gladly and was staunch in defence of sufferers and supporters and always fought to the bitter end for what he believed in. His judgement, empathy and understanding made him an ideal chairman of OUCH and his is a role that will be impossible to fill - they truly broke the mould when they made Les.

Throughout he has had the support of his family; Joan - our membership secretary, daughter Karen - our publicity officer, son Gary, daughter in law and much loved grandchildren who were the apple of Granddad's eye. Les' strength came not only from a deep well of personal courage, but also from the love of his family.

The world will be a sadder place without this man who was big not only literally but figuratively - big in heart, in generosity, in kindness and understanding.

Our thoughts are with him and his family at this very sad time.

If members of OUCH wish to post their thoughts, a forum has been set up on the Members' Board >

Alternatively messages may be sent to: **info@ouchuk.org**

Scotland Regional Meeting Glasgow 2011

STOP PRESS!!!: Time to dust off the sporran and dig out the bagpipes, **OUCH is coming to Scotland** on September 11, 2011 to the Ebenezer Duncan Centre at the Victoria Infirmary in south Glasgow. Dr Alok Tyagi will be one of the speakers; he himself is based at the Southern General Hospital in Glasgow along with headache nurse, Catherine Gillies; both are staunch supporters of OUCH and assure us of a very warm welcome north of the border.



[To book click here >>](#)

If you want answers to questions that you may have then please head over to our **Members' Forum**. Or if you would prefer to e-mail one of the **Trustees or Officers of OUCH (UK)** then please do so. We are a group of people just like you. We either suffer from or support someone who suffers from Cluster Headache.

Sadly, we know all too well the pain and isolation that you may feel, but no longer. You are not alone anymore and we will not stop until we have helped you receive a proper diagnosis or the correct management of your condition.

The information provided on OUCH (UK) is designed to support, not replace, the relationship that exists between a sufferer/site visitor and his/her physician.

Latest News

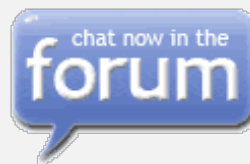
New guidelines for O2

The consultation for the Strategy for Services for Chronic Obstructive Pulmonary Disease (COPD) in England contains 24 recommendations for improvements in the delivery of care for people with COPD and asthma.

Visit our forum

OUCH (UK) supports a very active forum. The forum is available for anyone to visit and read posts - you will find some very interesting discussions about cluster headache among our members as well as it being a source of comfort and understanding.

If you would like to contribute to the forum you must be a member of OUCH(UK). You can join **here**.



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for just £10
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Call Our Helpline

01646 651 979
or overseas:
+44 1646 651 979



Video



Click here to see
our new videos!



Partners

OUCH (UK) are founder members of Headache UK with Migraine Action Association, The Migraine Trust, B.A.S.H & M.I.P.C.A

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